## WHAT IS CLAIMED IS:

- 1. A golf putter assembly, comprising:
  - a shaft having a first end and a second end;
- a handle disposed at said first end of said
  shaft;
- a putter head disposed at said second end of said shaft, said putter head having a striking surface for striking a golf ball;
- a connection receptacle disposed in said striking surface of said putter head;
  - a rod having a predetermined weight;
- a plug having a weight generally equal to said rod;

wherein said rod and said plug can alternately be received by said connection receptacle.

- 2. The assembly according to Claim 1, wherein said rod is straight.
- 3. The assembly according to Claim 1, wherein said rod is curved.

- 4. The assembly according to Claim 1, wherein said rod has a length of between two inches and six inches.
- 5. The assembly according to Claim 1, wherein said striking surface of said putter head has a toe section, a heel section and a central section disposed between said toe section and said heel section, wherein said connection receptacle is disposed in said heel section.
- 6. The assembly according to Claim 1, wherein said connection receptacle is a threaded bore and both said rod and said plug have threaded exterior surfaces that can be received by said threaded bore with a screw interconnection.
- 7. The assembly according to 1, wherein said rod extends from said striking surface at a perpendicular when said rod is received within said connection receptacle.
- 8. The assembly according to Claim 1, wherein said plug does not protrude beyond said striking surface

when said plug is received within said connection receptacle.

9. A method of altering a configuration of a golf putter for use in training and for use in regulation play, said method comprising the steps of:

providing a putter having a striking face for striking a golf ball;

providing a rod of a predetermined weight;

providing a weight that weighs the same as said
rod;

attaching said rod to said putter to configure said putter for use in training; and

replacing said rod with said weight on said putter to configure said putter for use in regulation play.

- 10. The method according to Claim 9, wherein said step of providing a rod includes providing a straight rod.
- 11. The method according to Claim 9, wherein said step of providing a rod includes providing a curved rod.

- 12. The method according to Claim 9, wherein a connection receptacle is disposed in said striking surface of said putter.
- 13. The method according to Claim 12, wherein said step of attaching said rod to said putter includes joining said rod to said connection receptacle.
- 14. The method according to Claim 13, wherein said step of replacing said rod with said weight includes removing said rod from said connection receptacle and placing said weight in said connection receptacle.
- 15. A putter head assembly, comprising:
- a striking surface for striking a golf ball, said striking surface having a toe region, a heel region and a center region disposed between said toe region and said heel region;
- a single threaded bore disposed in said striking surface:
- a single rod having a threaded end, wherein said threaded end of said rod can be selectively received

within the threaded bore, thereby causing said rod to protrude forward from said striking surface.

- 16. The assembly according to Claim 15, wherein said rod is straight.
- 17. The assembly according to Claim 15, wherein said rod is curved.
- 18. The assembly according to Claim 15, further including a weighted plug that has a weight generally equal to that of said rod, wherein said weighted plug is threaded and can be selectively received within said threaded bore in place of said rod.
- 19. The assembly according to Claim 15, wherein said threaded bore is disposed in said heel section of said striking surface.
- 20. The assembly according to Claim 15, wherein said threaded bore is disposed in said toe section of said striking surface.